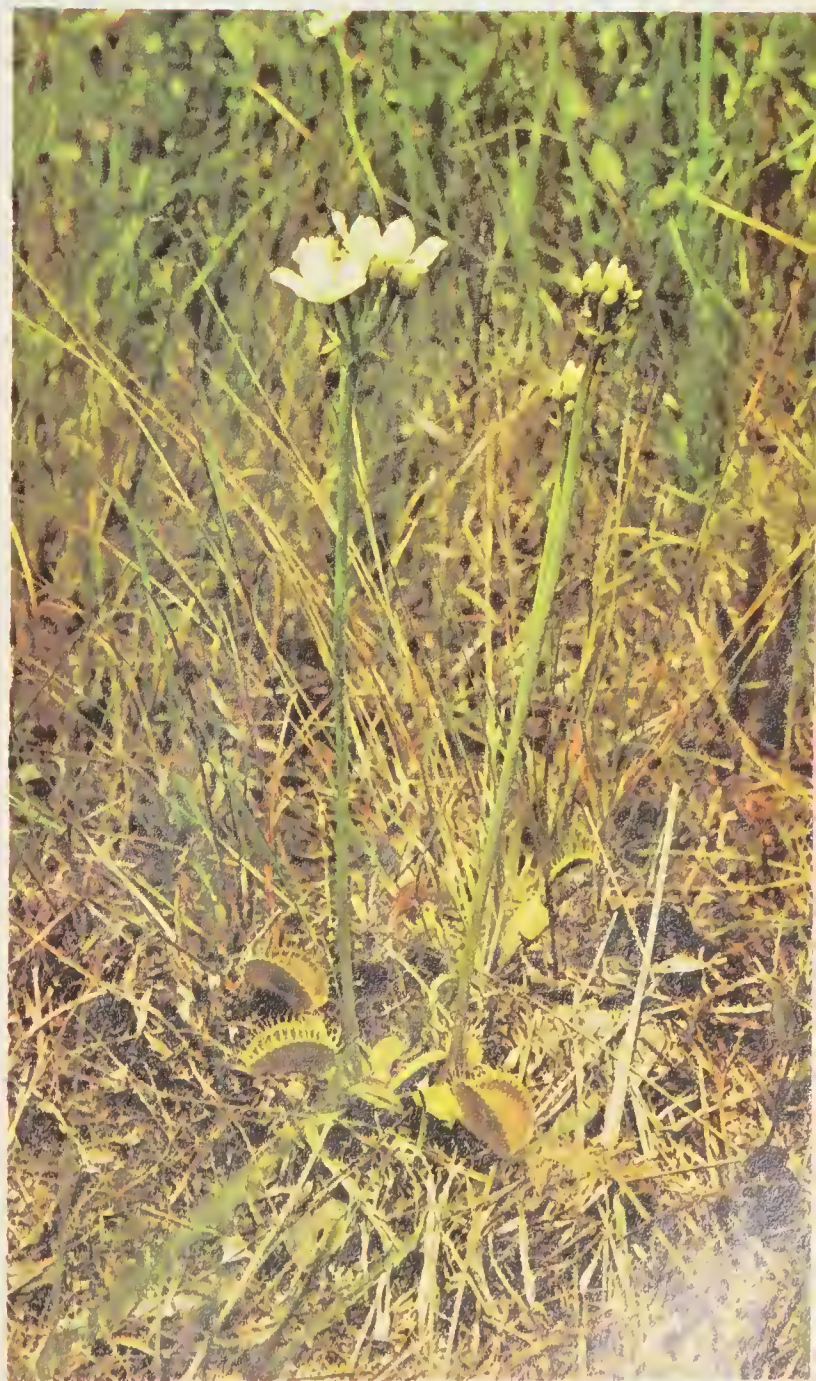




Carolina Country

July 1977



COVER PRINTS IN FULL COLOR

Carolina Country offers full-color reprints of the original painting reproduced on the cover of the May magazine.



"Birthplace"

"Birthplace" is an original oil painting by Dianne Saintsing Horton, depicting her Davidson County home on Saintsing Knoll.

The 200-year-old house was assembled with wooden pegs, each labeled in sequence with roman numerals. Originally, the kitchen was separate from the main structure. It features 11-inch solid plank walls, 10-foot ceilings with hand-carved moldings and four fireplaces. Other buildings are a barn with 22 stables, two tobacco barns, a smokehouse, packhouse, corn crib and tenant house.

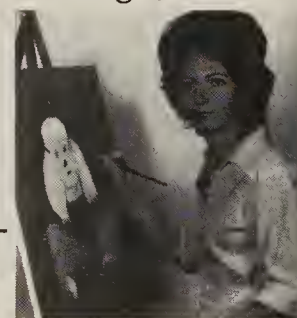
Saintsing Knoll is the home of the artist, her five-year-old son Vincent, her brother Nicky and her parents, Mr. and Mrs. Julian H. Saintsing.

The painting, Ms. Horton said, is a personal

expression of the values she learned in her "birthplace" — values "such as tranquility, the secure feeling of family living, and our debts to the past and to those who have built before us."

Ms. Horton, who took art courses at Davidson Community College and

High Point College, has a degree in engineering drawing. She is employed as an electrical draftsman for Consultants and Designers, Inc. in Winston-Salem.



Full color prints of "Birthplace" may be ordered by using the coupon below. They are printed on quality paper with a border, making them suitable for framing without additional matting. The larger, limited edition print, measures 19" by 33". Each of the larger prints is signed by the artist. They are priced at \$30. The smaller prints reproduce the painting in the same size in which it appeared on the magazine cover. Measuring 11" by 14" with the borders, they are priced at \$8. Both prices include taxes and mailing costs. Allow three weeks for delivery.

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Facing Energy's Hard Realities

A nationally-syndicated newspaper columnist and a highly-respected network television newsmen recently presented separate examinations of the nation's energy problems and the outlook for reasonable solutions. Taken together, the two commentaries provide a disturbing view of the current energy situation and persuasive support for the continued use of nuclear energy.

Columnist Jack Anderson wrote of a secret study done by a prestigious group of scientists and philosophers which was circulated within the Carter Administration

prior to the presentation of the president's energy proposals before Congress.

The study warned that it is foolhardy for Americans to count on a technological miracle to solve the energy crisis.

Editorial

Billions of dollars, the authors say, must be poured immediately into the mining, transportation and conversion of coal if we are to use the resource fully. They estimate that producing electricity from a billion tons of coal will cost a staggering \$310 billion. Huge additional sums must be spent to develop all other energy forms.

"Unless we do all of these things simultaneously," Anderson quoted, "there is the very real possibility of this country slipping into an unimaginable catastrophe, with social upheaval and revolution not excluded." (Emphasis ours.)

The report suggests that by the end of the century, American taxpayers may have to spend half a trillion dollars to remodel their homes and factories if the U.S. is to survive the energy squeeze.

Finally, according to Anderson, the report says the energy crisis is a far greater threat to the nation than the environmental problem. Therefore, it calls for construction of additional nuclear plants, including the controversial breeder reactor.

"For the U.S. to survive, it needs all the help it can get," the report concluded.

ABC-TV's Howard K. Smith offered some similar observations on the need for nuclear power, saying concern about its potential dangers has become almost a "paralytic fear," while hazards in other areas are quietly accepted.

Despite recent air tragedies, such as the crash in the Canaries which killed a "scary" 577 people, Smith said, "the public goes on flying in undiminished numbers and confidence."

The unreasoning fear of nuclear power must be overcome, he added, because there simply is no alternative energy source available for the short-term future.

"Conserving fuel will help but won't fill the gap. Exotics, like solar power, in needed amounts, are thirty years away. Coal, our natural fall back, would, in needed amounts, produce pollution more deadly than any we have known.

"The hard reality is a sizeable input of nuclear power is essential to tide us over."



C. P. Houston/Houston Chronicle

"My personal philosophy on the energy scare thing is to just cross that bridge when I come to it."

Carolina Country

Read Monthly In More Than 260,000 Homes

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COVER—These strange looking flowers are insect-eating plants which grow in the Croatan National Forest in Carteret and Craven Counties. They are, clockwise from the top, a pitcher-plant, a butterwort and a parrot pitcher-plant. The photos, which are courtesy of USDA-Forest Service, were originally used in the service's pamphlet "Insect Eating Plants in the Croatan National Forest." Our thanks go to Forest Service officials who allowed us to use the photos on our cover.



rural electric Notebook

WATER PROJECT POLITICS

The House Appropriations Committee has reported a public works bill which includes funding for 17 of the 18 water projects on President Carter's "hit list." The lone omission was a water project in Kansas. Among those 17 projects in the bill is Georgia's Richard B. Russell dam, which would provide some hydroelectric power for North Carolina.

President Carter has shown no signs of compromising on his intention to kill the 18 projects, all of which are in some stage of development, and Congress appears determined to continue their construction.

The committee left open the question of funding for the Clinch River Breeder Reactor. It noted that authorization legislation for continuing the project is pending and won't be considered until further hearings are held. Carter has proposed deferring any additional spending on its construction.

AGRICULTURAL ENERGY NEEDS

Two national leaders in the rural electric program testified before a Congressional subcommittee recently on the critical need for energy in agriculture. Robert D. Partridge, executive vice president of the National Rural Electric Cooperative Association, and Rural Electrification Administrator David A. Hamil presented their comments to the House Agriculture Subcommittee

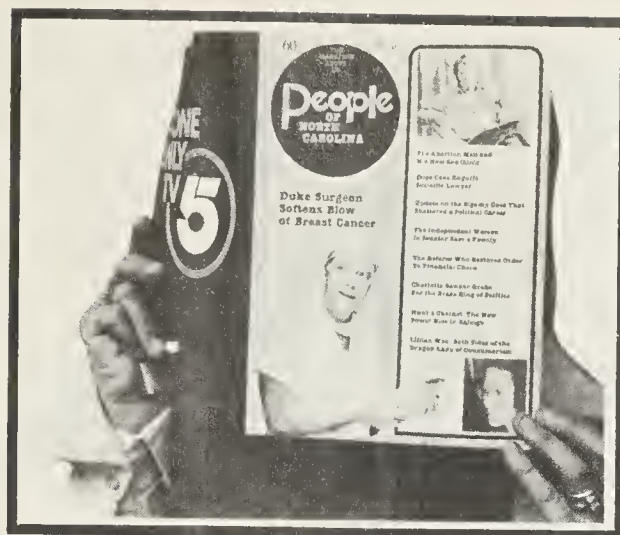
on Family Farms, Rural Development and Special Studies.

Hamil noted that electricity required for production and distribution of food in 1990 will be 2.3 times greater than it was in 1971, reflecting rising use of electric power in place of oil and gas for farming jobs and a rapidly expanding population. He said the demand for electricity on the farm "is growing at an ever-increasing rate to increase production of our declining farm acreage."

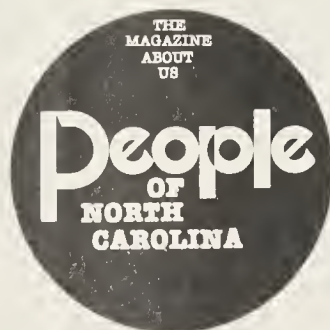
Partridge said that while U.S. agricultural production has increased by more than 50 per cent since 1950, this expansion has brought with it a quadrupling of energy use on the nation's farms, creating a situation in which "those who control the energy resources could control the food and fiber production of this country." He added: "Meeting the power needs of the next decade and beyond will require vast increases in electric power production."

FAMILY TREE REPRINTS

"Searching Your Family Tree," the four-part series on tracing family histories which appeared in Carolina Country last winter, is now available in reprint form. The series was written by Dick Pence, a former editor of the magazine who is now with the National Rural Electric Cooperative Association in Washington. To obtain a copy of the reprint, send \$1 along with a long self-addressed stamped envelope to "Family Tree," P.O. Box 11047, Oklahoma City, Okla. 73111.



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Medical School Complex, 1980

The Medical School in the East Opens Its Doors

'A Symbol of Achievement'

By Margaret Howell

During the next four years a new crop of doctors will be ripening in the midst of Eastern North Carolina's tobacco fields.

East Carolina University, after 12 years of planning and preliminary accreditations, was approved this spring for the enrollment of its first four-year medical class by the joint accrediting agency of the American Medical Association and the Association of American Medical Colleges. The first class of 28 medical students will begin studies at the ECU School of Medicine in August.

The school has used the years since 1965, when the General Assembly first approved its two-year doctor-training program, to lay the groundwork for a 40-acre medical complex in northwest Greenville. (See artist's drawing, page 6)

The complex accommodates the new 370-bed Pitt Memorial Hospital which opened in April. Flanking the teaching hospital on the right is the Family Practice Center, scheduled to open this fall, and the Medical School Building, due for completion in mid-1980.

The New "G.P."

Family practice, which is being rejuvenated as a specialty in the medical profession, is a revival of the traditional family G.P. (general practitioner). The emphasis on family practice is a point of pride at the school and with its dean, Dr. William E. Laupus.

"The family medicine program employed here is part of a movement toward more and better primary care," he said. "It's a backlash of the overspecialization of the years before."

Dr. Laupus expects the program to be one of the strongest assets of the school, and one which will offer the training needed to prepare doctors for rural medical practices. "All rural areas of North Carolina are included in our charge," he said.



William E. Laupus, M.D., Dean
East Carolina University School of Medicine

Director of the Family Practice Center, Dr. James Jones, comes to the Greenville campus from his own family practice in Jacksonville and as a past president of the N.C. Academy of Family Practitioners. Dr. Laupus said that Dr. Jones "came here to direct the Family Practice Center and then also become chairman of the Family Practice Department."

The dean noted that family medicine was the first residency program approved by the school to begin this fall. "I think it's fitting that our first residency program is in family medicine," he said. One other residency program will be offered in psychiatry during 1977. Residency programs for pediatrics and internal medicine will follow in 1978.

(Continued on page 8)

"There is a backlog of qualified, interested students in North Carolina."

(Continued from page 7)

In North Carolina, as in medical schools across the nation, there is "a backlog of qualified, interested students" who have applied for acceptance at the ECU school, according to Dean Laupus.

Of the 360 applications the ECU school has received, 290 are in-state applicants. The medical school can accept only 28 students in the 1977 class, a ratio of one acceptance for each 13 applications.

"Only 15 per cent of our applicants have been women," Dr. Laupus said, showing some surprise at the statistic. He added that another 15 per cent of the applicants represented minorities.

Enrollment Will Grow

Enrollment figures for the school will increase each year through 1980, when the class size will top off at 50. There will be 32 students in the 1978 class and 40 students in the 1979 class.

The last two-year medical class left the ECU program in 1975. Those students were graduated from the University of North Carolina School of Medicine this spring. The twenty students who participated in the first one-year program at ECU were graduated from UNC in 1976, after completing their last three years of schooling there.

The school's faculty numbers 50 and, according to the dean, is continuing to grow. "The basic science faculty was developed during 1976," he said, "and we are now devoting our efforts to completing the clinical faculty, naming the chairmen and members for each department."

He added that the faculty had doubled and was largely completed during the period between July 1975 and December 1976.

The medical school at East Carolina has long been a dream to many Eastern North Carolinians, for they hope it will bring not only doctors to serve the area's largely rural population, but also that it will bring better medical care within easy reach of an area that is far removed from the medical centers of the Piedmont.

Area Is Medically Underserved

Dean Laupus hopes there will be good communications throughout the 26-county area surrounding the Greenville campus and better clinics in its existing health care centers. The area, known as Health Service Area 6 in the state, has a population of 1.2 million.

"Seventy-five per cent of these people do not receive adequate medical care," Dr. Laupus said, pointing out that 23 of the 26 counties are medically underserved. The infant mortality rate for the region is the highest in the state, "unacceptably high," according to the dean.

"All rural areas of North Carolina are included in our charge."

"We have much to do in meeting the unmet needs in Eastern North Carolina," he continued. "But we must know our priorities. We have much to do without tapping new programs. We must work on preventability and health care availability first."

The doctor-to-patient ratio for the state's Piedmont region stands at one to 650. In Eastern North Carolina, the ratio is an alarming one to 1,750.

Two-Way Street

"As our clinical faculty grows," Dr. Laupus said, "we anticipate close ties with all the hospitals and patient care programs of the hospitals in this region."

"We must study our needs with respect to their facilities. It's a two-way street. We are not projecting too far ahead because a lot of areas require careful exploration with the doctors and the hospital administrations in the region."

"I see this school as having a twofold role," he said. "We must develop physically. And, we must develop a more efficient health care system."

The dean, as much as anyone, realizes just how much the medical school has come to mean to the people of Eastern North Carolina. After more than a decade of controversy and uncertainty, they are watching medical care sprout alongside their tobacco crops. They can now look forward to the day, four years hence, when the ECU School of Medicine yields its first harvest of new physicians.

"There are good roots and good reasoning behind those feelings," Dr. Laupus said. "In the hustle and bustle of all the maneuverings over the years, the medical school is a symbol to them of a meeting of one of the East's needs."

"It is a symbol of achievement."

People

Dr. Daniel D. Godfrey has been named assistant director of the North Carolina Agricultural Extension Service, succeeding R. E. Jones, who retired from the post in February. A native of Pasquotank County, Dr. Godfrey has worked as an extension agent in Wayne and Greene Counties and as an extension agent in New York state. For the past two years, he has been an administrative program assistant and extension sociologist at A & T State University, Greensboro, where he will continue to make his office.



Fred R. Keith of Lumberton, a member of the N.C. Rural Electrification Authority, has been awarded an honorary Doctor of Laws degree from Campbell College. The farmer-merchant-realtor, who is a Campbell alumnus by virtue of attending Buies Creek Academy in 1917-18, has served four times on the schools' Board of Trustees.

Wilson J. McNeill, Robeson County fire marshal, has won an award from the National Safety Council for his work in establishing six new fire departments. McNeill, who has been Robeson's fire marshal for six years, received one of the council's national "outstanding service to safety" awards. Also receiving an award from the council for "noteworthy service to farm safety" were the leaders and members of the Sampson County 4-H clubs. Under the leadership of agricultural extension agents **Susan Y. Lyday** and **Eddie R. Shaw, Jr.**, the club has established a countywide safety program. The awards were presented at the annual meeting of the N.C. Rural Safety Council in Raleigh.

Dr. Arthur W. Cooper of N.C. State University has been named to a seven-member U.S. Department of Agriculture committee on national forest land management. The committee will provide scientific and technical advice to the department on proposed land management planning guidelines and procedures to be used by the U.S. Forest Service.

Two North Carolinians were among 15 recent recipients of U.S. Department of Agriculture Superior Service Awards. They were **Dr. Raymond B. Daniels** of

Raleigh, who was honored for exceptional basic research on the soils, geology and hydrology of North Carolina's coastal plain, and **John B. Litchfield** of Jackson, who was cited for outstanding leadership and effectiveness in conservation programs. Dr. Daniels was recently appointed director of the agriculture department's Soil Survey Investigations Division in Washington. Litchfield is a district conservationist who has been in charge of the Soil Conservation Service's program in Northampton County for the past 34 years.

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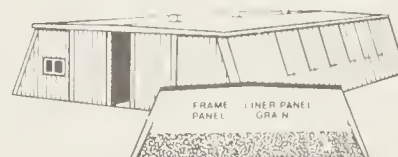
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The Old Home Place

By Jewel Elmore

Down a country road, past the barn, around a sharp curve—there it is! Jewel-like among the lush elms in the spacious expanse of lawn...the old home place. So many things to remember. The massive rock chimney—built onto the old house a hundred years ago—the old house to which my father took his young bride. The newer, more modern part of the house, joined skillfully to the old. My old home...a monument to the past...built by "Gramps" for his daughter Milenda...built as a symbol of abiding love.

The circular flower bed, shaded by the ancient oak, is part of memory. The flower bed which I once tended so industriously even now rewards me with blazing glory of zinnias and marigolds in multicolored splendor. They seem to bow in gracious welcome to a visitor gone too long...

The old house has the same air of cool serenity. The kitchen, the dining room, the bedroom, the "parlor" — and the two upstairs rooms, the boys' quarters — each has a separate memory for me, a memory tinged with the nostalgia that is so much a part of growing older.

The piano in the cool parlor. How affectionately I recall the times when all of my eight brothers and sisters lived in this old house — the times during which our lives and characters were being so tenderly and so carefully shaped by our widowed mother — the times when we stood around that piano and sang the old hymns so sacred to another day, another life.

The bedroom, with the great bed in which mother gave birth to all nine of her children...the room where I, the last of the nine, came into the world just before the tragic death of my father. He was so young to be so quickly taken from us.

Jewel Elmore drew on the memories of her own family for this provocative story. She is the former Jewel Maness, the youngest of nine children in a Montgomery County farm family. Her father was killed when she was three years old, leaving her mother alone to raise the family. She is married to Richard T. Elmore and now lives in Charlotte.

We were nine young children for a courageous young mother to bring face-to-face with an uncertain future. Materially poor? We were that. Did it really matter? Did we even really know it? No...because she taught us to have a deep, abiding love for each other.

The yawning cavern of the great open fireplace stirs still other memories...memories of cold wintry mornings when I stood with my back bared to the crackling warmth of bright burning logs — a warmth that no modern heating device can even approach. And how, once comfortable and cozy, I would sometimes sneak into mother's bed just to prolong that almost sinful pleasure.

The dining room — the kitchen beyond. I can all but see the "regular family" gathered around the long table — all but taste the simple, wholesome meals prepared by my older sisters under mother's critical direction. Memories: tasty persimmon pudding...how mother could turn something so sour and unpalatable into a gourmet's delight never failed to amaze me.

As I make my way up the stairs from the porch to the "boys' quarters," I seem to be moving back to another time. It was there that the local "swains" — another word of a time gone by — the local "blades" gathered. Once more — as I've done so often since — I wonder what those boys really said about the girls they talked about; what they said about me.

But the boys' quarters had a far more serious destiny: It was there that my brothers studied, there that they planned their several futures. It was there that Harry decided to stay at home, to assume the role of father, to look after the rest of us "young-uns". It was there that Robert decided to carry out his life's ambition in the field of medicine.

Memories: a gangling five-year-old following an older brother around the farm. Bob, I know why you went into medicine and why you chose obstetrics. Do you remember the day I found you down on the creek bank, painstakingly helping four tiny lizards to hatch out of their shells and stretching them out on a plank to dry? Was that your first "call" to your chosen field?

And Harry—how he looked after us! Maybe he, with his complete disinterest in the material things in life, was the only one of us who really found that most elusive, intangible thing in life...a capstone which is the story of every man's pilgrimage through life—sometimes covered with bitterness, sorrow, hopelessness, but ultimately won through a belief in God, without which man's life is futile.

Out of the house...down by the little creek. How many times had I, after the day's work was done, ridden Joe and led Jolly down to the creek for watering? I could almost hear Harry saying across the years, "You little tyke! You look just like a June bug riding up there!"

The old spring. Long before such a modern device as the hydraulic pump was installed, a walk to the spring was required for our only source of water—clear, pure, sparkling water, a rich reward for our labor. And the delightful coolness of the springhouse on those hot summer afternoons.

Drawn back to the house, I found myself again in the main bedroom. The old pine blanket chest is still there! I lifted the lid and there, in a corner of the chest, are the handmade rag dolls with spun silk hair which we four girls so cherished. How grateful I shall ever be to Louisa May Alcott and her *Little Women*. When we were too young to read, mother read the book to us, her enraptured listeners. We adopted for ourselves in the order of our ages, "Meg" for Sara, "Jo" for Kathy, "Beth" for Donna, and "Amy" for me. We even had a language all our own. "LPD" meant "let's play dolls!" Our favorite place to play was in the cotton house," where the cotton was stored after picking until time for it to be ginned. For us, it was "Cotton House, Virginia."

In *Little Women*, it was "Beth" who died. And we, in our young hearts, genuinely mourned. But, for us, it wasn't really "Beth". It was "Jo". As my husband and I flew home, I thought my heart would burst. But when I reached the chapel and saw my beloved Kathy in sweet, serene, contented repose, I was, in a way, no longer so sad. I knew that this fine unselfish sister of mine, revered by all who knew her, was with the Maker to whom she had given so much of herself.

I once thought that death was always sad. Then one night while I was ill, I dreamed that I was dying. It was not a sad experience, but rather an exhilarating and joyful one, as though I were passing into the arms of one greatly beloved. Now, I do not always think of death with sadness. So, Kathy, when I think of you — especially in this old house — with all its memories, where your presence is felt so poignantly, I think of you with joy, knowing that you, in Heaven with you Maker, are surely happy.

As we leave the old home place, my eyes were misting over. So many memories...births...marriages...death...sorrow...joy. I know I will return, to once again awaken memories that will always wait there for me—memories that are always a part of the living past.



Drawing by Karel Hayes,
from a photo of the author's
"Old Home Place."

Easy Living



PRACTICALLY every piece of consumer information dealing with "How to buy..." cautions the consumer to read and understand the warranty. That's easier to do now than it once was.

Until recent years, many warranties (which, incidentally, are the same as guarantees) were long, complex legal documents, nearly defying reading, let alone comprehension.

While long, complicated, legalistic warranties still can be found, most major manufacturers of consumer goods have simplified warranties so that buyers can ascertain quickly what is and is not covered in the warranty contract.

For example, the warranty on General Electric dryers has been reduced from a 600-word document to a 176-word statement.

When you read a warranty, remember that it not only outlines what is covered by the manufacturer, but also specifies exceptions to the coverage.

There are about 11 exceptions which may occur in some major appliance warranties. If you are aware of them, it may help you evaluate warranties when you are appliance shopping. Most commonly found are:

- Home Use only—other uses excluded from coverage.
- Warranty registration card required or suggested.
- Valid only for original purchaser.

Other common exceptions could be called the "who pays for what" clauses. Read them carefully, for they often exclude from warranty coverage:

- Transportation and shipping costs and/or serviceman's travel fees.

- Consequential damages, such as a floor damaged by a flooding washer.

- Service labor—the warranty may be limited to parts only or to specific parts.

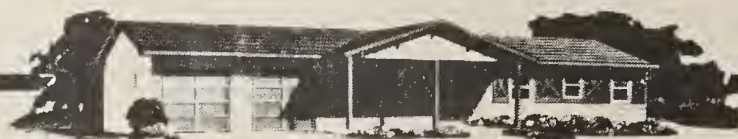
Other restrictions might include:

- Disclaimer of implied—and all other—warranties.
- Filters, plastic or glass parts not covered (light bulbs).
- Warranty void if product serviced by an unauthorized servicer.

- Opinion of the seller determines whether a part is defective.

- Void if serial plate defaced.

Remember that the warranty is part of the appliance when you buy it, so don't hesitate to collect on it when you are justified in doing so. Remember, too, that verbal agreements or promises from the dealer are subject to misinterpretation and misunderstanding. If the dealer makes a promise that goes beyond the manufacturer's warranty, get it in writing.



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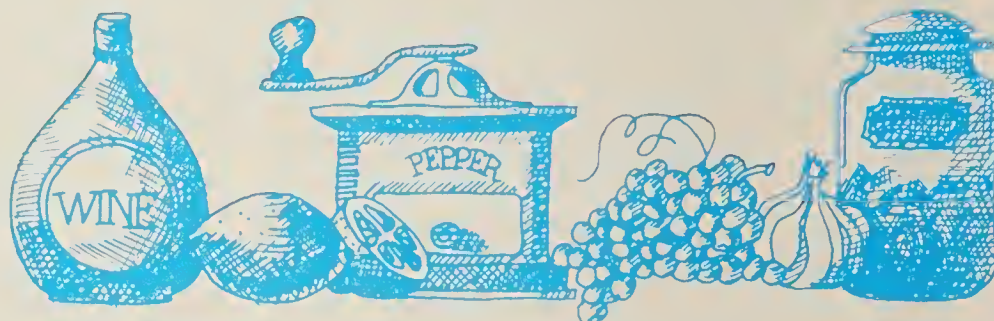
Country Kitchen

ICE CREAM

As Aitha Kennedy writes, "There is nothing quite like making ice cream on a hot summer day. Whether you turn the crank or use an ice cream maker with an electric motor, making it at home is enjoyable."

Our Star, N.C. cook continues, "This recipe can be depended on to make delicious ice cream for everyone. Make it plain vanilla; dress it up with a topping or fruit or nuts; or blend peaches, cherries, or strawberries and add before freezing. Serve to guests and receive their praise!"

If you would like to share a recipe with this column, send it to: Country Kitchen, P.O. Box 27306, Raleigh, N.C. 27611. We pay \$5 for published recipes.



COUNTRY KITCHEN RECIPE

Submitted by Aitha Kennedy, Star, N.C.

Ice Cream

2 qts. dairy milk	3 tsp. cornstarch
1 lg. can evaporated milk	2¼ c. sugar
2 well-beaten eggs(Optional)	1½ tsp. flavoring
Pinch of salt	

Mix sugar, salt, and cornstarch. If using eggs, beat them well and add to mixture. Pour can of milk in mixture and stir. Add dairy milk and flavoring. Mix well. Pour in ice cream freezer. Makes one gallon.

ANNOUNCING DOCTOR'S TURN-OFF FORMULA IN NO-HUNGER REDUCING PROGRAM

Doctor's Pill Helps You Conquer Fat Now

THEN HELPS YOUR BODY DISCOVER HOW TO...

STAY SLIM FOREVER!



YET WITH ALL THIS POWER TO HELP YOU LOSE THOSE UNWANTED POUNDS, IT'S AS SAFE AS A COUGH DROP, AS GENTLE AS A VITAMIN PILL!

It's called the Total Contentment Pill, because the doctor designed it to help his patients 3 ways:

1. **TURN OFF YOUR HUNGER AUTOMATICALLY** (by making your stomach feel full and satisfied!)
2. **TURN UP YOUR "FAT-BURNING FURNACE"** as a result of helping you cut calories
3. **KEEP YOU SLIM AND TRIM THE REST OF YOUR LIFE** (by helping retrain your body to proper eating habits)

YES! NOW LOSE 20, 30, EVEN 40 — OR MORE POUNDS, AND THEN DISCOVER HOW TO KEEP IT OFF FOREVER!

That's right! You got overweight for one simple reason — "The devil made you do it!" That devil is False Hunger — hunger that has nothing to do with your body's actual need for nourishment — hunger caused mainly by our modern way of life, not hunger the way nature intended. For years and years, your body has been trained to feel False Hunger for all the wrong reasons! You were taught to have "3 square meals a day" — so when lunchtime comes, you're automatically hungry and automatically eat more calories than you can burn up.

You were taught early in life to overeat — to disregard nature's signal that you'd had enough. Remember being told, "Finish your dinner or you can't have dessert"? Sugary sweets that can add pounds were actually made a reward for overeating!

DO YOU BLAME YOUR BODY FOR BEING CONFUSED?

After a while your body couldn't tell False Hunger from real hunger (which most of us have rarely experienced — if ever!) Just like Pavlov's famous experiment in which, by ringing a bell everytime he fed them, he taught dogs to salivate whenever they heard the bell, your body has learned to respond to the "dinner bell" whenever you pass a bake shop window or see people munching goodies on TV. That's False Hunger! That's the devil that's in you! And now you can defeat it—now you can win your fight against overweight! **NOW, A MEDICALLY-SOUND PROGRAM THAT CAN WORK FOR YOU!** Now with the Total Contentment Pill to help you turn off hunger, you can lose up to 6 pounds of fluid and fat the first weekend alone...

- ...lose up to 12 pounds in just 14 days...
- ...shrink your waistline up to 3 inches in a mere two weeks time...
- ...and then keep off that unwanted weight for a lifetime...
- ...all with the help of the Total Contentment Pill

WHY THE DOCTOR'S PILL WORKS SO EFFECTIVELY!

It's simple... it makes your stomach feel full. As full as if you'd had a serving of bread, or mashed potatoes, or any of those filling foods you would normally heap on your plate. Yes, one single pill, taken according to directions, gives you virtually the same "fully satisfied" feeling, leaves you calm, happy, totally content. So the False Hunger Devil inside you can't win, because stomach fullness is nature's signal that turns off hunger. Yes, turns it off in minutes — keeps it turned off for hours.

Meaning: Instead of gorging yourself... instead of yielding to False Hunger... instead of battling those constant urges for snacks... instead of loading up with more calories than you need... your own "body wisdom" is helping you cut down your food intake, cutting it to the point where your body starts to live off its own fat. You're on the Doctor's satisfying eating program without seeming to pay the hunger penalty; you're losing weight, but (perhaps for the first time in your life) you're not hungry... you're eating less — but you're not suffering those hunger pangs you fear! Your appetite has simply been turned off — nature's way.

**YOUR WAISTLINE SOON LOOKS LIKE YOU'D FASTED —
YET YOUR TUMMY STILL FEELS LIKE YOU'D FEASTED!**

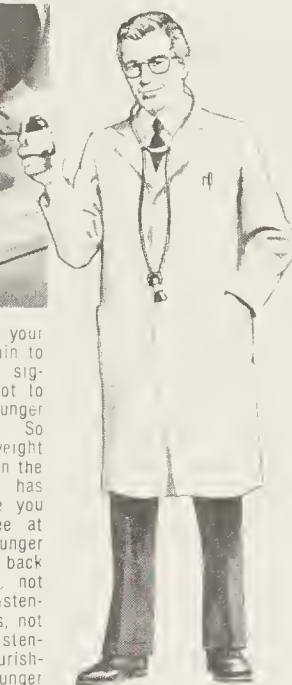
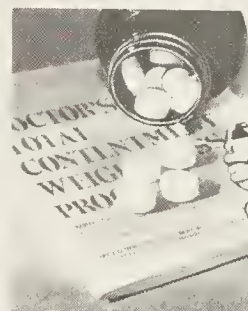
That's why, perhaps for the first time on any diet you've ever tried, you don't need willpower to stay with it until you reach your weight-loss goal. Thanks to the Total Contentment Pill, you're not fighting hunger every minute... not tormented by the runaway appetite that may have beaten your best intentions on other diets which failed. You not only feel great because you're winning, but you feel fully satisfied, contented — thanks to the help of the Doctor's Pill! And you start losing weight immediately — as soon as your food intake drops below the calories you're using up.

NOW YOU'RE READY FOR A LIFETIME OF SLIMNESS!

The best part of this medically-sound approach is what happens next. While you're losing weight, you're also re-educating your body! Yes, you're actually retraining yourself to eat less, because you're starting to banish False Hunger. With a full stomach, you don't get hungry just because the dinner bell rings. With a full stomach, you can watch a TV ice cream commercial without automatically craving a snack.

VITAL NOTICE:

Even though the TOTAL CONTENTMENT PILL turns off your appetite for hours at a time YOU CAN NOT GO ON FOR LONG PERIODS EATING NOTHING. You must eat at least two meals a day... even if you have to force yourself. And the doctor provides you with an array of delicious foods to perk up and maintain your interest so you have a balanced caloric intake... even though you may not care to eat. We urge you to show this entire program to your own family physician and see if he doesn't agree that this Lifetime Road To Slimness including the few minutes of nightly toneup the doctor highly recommends is by far one of the most medically sound, fully sensible approaches to the problem of obesity.



With a full stomach, your appetite is learning again to accept nature's natural signals — and learning not to fall for those false hunger signals from outside. So when you've lost the weight you want to lose — when the Total Contentment Pill has done its part to make you slim again, you're free at last from the False Hunger Devil, too. Now you're back to listening to Nature, not to TV commercials — listening to your body's needs, not to the dinner bell — listening to a real call for nourishment, not a False Hunger that urges you to eat extra calories that can put that unwanted weight right back. What you've done is to break a habit you've spent years and years acquiring... the habit of eating because of some outside stimulus... and started to form a new, healthier habit, the habit of eating only enough to satisfy your body's needs. And that's all you need to stabilize your ideal weight! It's a habit that can keep you slim and trim for the rest of your life. Now you no longer need the Doctor's Pill! Now you're your own master! Now you need never again be even a single pound overweight — as long as you live!

PROVE EVERY LOST OUNCE ENTIRELY AT OUR RISK!

Why not start now to conquer fat now, and help your body discover the way to stay slim forever. Mail no-risk coupon now, and try the Total Contentment Pill for 10 days. Then if not delighted, return the unused pills for a full refund of the purchase price (except postage and handling).

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Facing South

Voices of Tradition In A Changing Region

Fletch Pope: "Can't create a new species."

CONOVER, N.C.—Fletch Pope leaned against the pasture fence, eyed the 1600 pound buffalo cow and offered a bit of learned wisdom. "You can't outrun a buffalo," he said.

"When this one charges me I just stop and step back and pop her one on the side of the head with my fist, like this." He demonstrated a stance and a flying fist that cut through the cool morning air with knockout power.

"Of course, the best thing is to not get in the way in the first place," he added.

Fletch Pope of Catawba County is a 72-year-old hunter, farmer, pilot, cattleman and raconteur who developed an interest in buffalo a few years ago.

"The buffalo come from a preserve in Oklahoma," he said. "I got mine from a man in Shelby who brought back quite a few."

Fletch's interest in buffalo was spurred into action as the nation began considering the cattle and bison, as an alternate meat source.

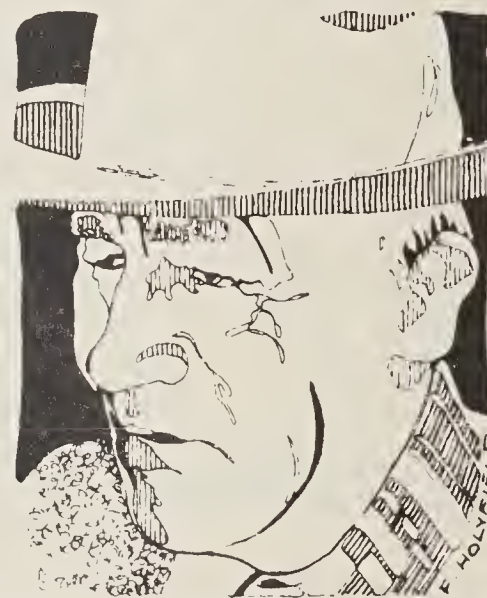
"At \$1,000 apiece I started out with two buffalo cows and a buffalo bull with 15 different heifers to produce a beefalo," he sighed, "but none took even though the bull did his work."

He researched the matter and uncovered the flaw in this fixed marriage. "To get a beefalo," he said, "you breed a cow bull to a buffalo cow and not a buffalo bull to a cow-cow. The buffalo heifer will go either way."

But even with this premise in mind, romance has not fared well

down on the farm. Mr. Pope's cow bulls are like men who will only dance with certain kind of woman. "My bull's been raised up on Holstein," he said with fatherly frown. "Won't touch buffalo."

And to add further difficulty to the task, any resulting male



offspring, should the union take place, will be beefalo bull, which are sterile.

"Therefore," Fletch Pope said with some authority, "the Good Lord fixed it so you can't create a new species."

So each season, efforts to produce a hybrid animal incapable of ancestry must be repeated.

"And they've got a mean side too," said Mr. Pope. The buffalo has earned the reputation of being a tameless creature capable of lethal 30 mph charges at man or animal. "The bull crashed through this metal gate after a man who had stopped by one day out of

curiosity. I told him to stay back but he wouldn't listen."

Of the three buffalo Fletch Pope started with, only one remains, a buffalo cow. "The youngest buffalo cow was killed by the bull," he said. "I don't know what happened. I used to tie the bull out on the lawn to cut the grass. It got so I could slowly get up near him."

Later the bull died and was buried with the aid of a bulldozer in the shade near the edge of the pasture.

"Somebody put a few .22 slugs into his belly and he got sick and mad and died. Nobody knew what was wrong until he passed on and we looked him over."

The remaining buffalo cow began to amble down the slope of the pasture, occasionally threatening a charge when a horse or cow blocked its path.

"She lays out there now, all the time," he said, "right on top of the mound where her man was buried."

Pope thought for a minute, took stock of the cool air that was cutting across the land, watched the buffalo cow's belly sway into the distance.

"But I'll tell you what," he said with just a hint of pleasure in his voice. "Take a look at that buffalo cow. If she ain't pregnant, I don't know what!"

—Dan Hovland
free lance
Conover, N.C.

FACING SOUTH welcomes readers' comments and writers' contributions. Write P. O. Box 230, Chapel Hill, N.C. 27514.

Energy-Saving Awnings

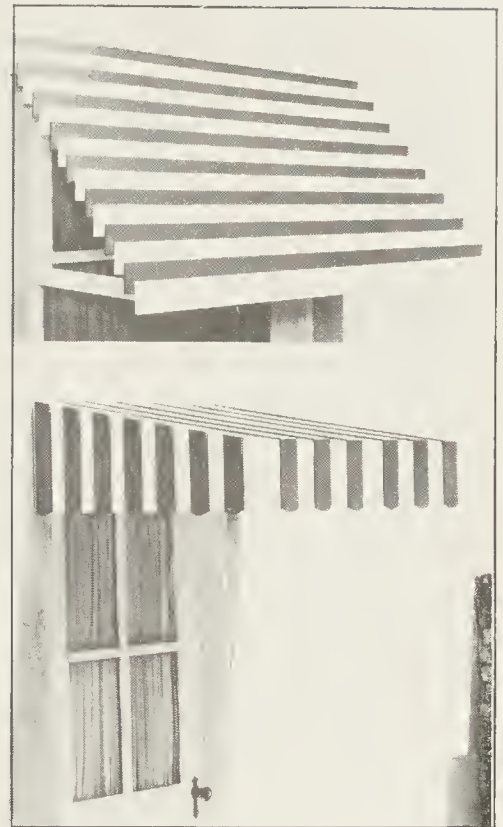
With the entire nation tightening its energy belt, there has never been a better time to add these attractive and simple-to-build awnings to your home. Awnings effectively reduce indoor temperatures up to twenty degrees (by shielding the windows from the sun's glare) and provide a finishing touch to any style exterior. And with our exclusive design, you can complete the job at a fraction of what it would cost in a store (if you could find durable wood awnings!).

Both the window and door units may be expanded to fit any width opening, and may be constructed from redwood or exterior grade plywood. We painted these in alternate stripes so you could see the simplicity of the structure, but they can be painted to match any decor. The full-size pattern

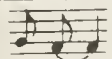
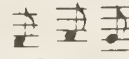

includes traceable parts, step-by-step photos and instructions, plus a complete materials list to remove all the guesswork.

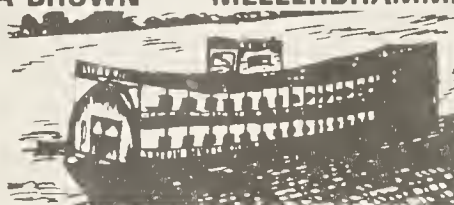
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4. Dear Old Gal
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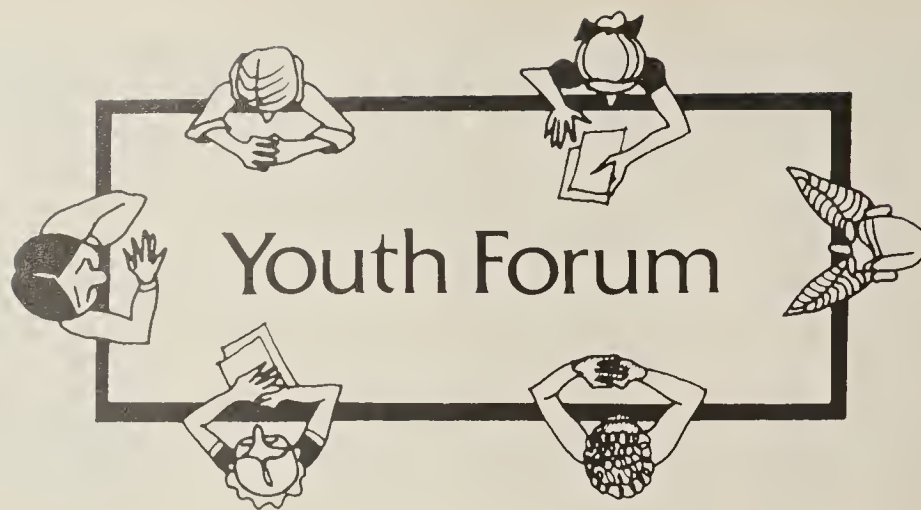
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Should marijuana be legalized?

"No, at least not in the near future. Scientists have no proof that marijuana cannot have any harmful side effects on the body. They say that they have tests to show their 'theories.' However, these tests are not stable because we are the first generation of teens who have actually grown up with marijuana."

**Jan Yvette Jordan
Macon**

Jan, an eighth grader at Hawkins Junior High School, enjoys reading, astrology and meeting people. Her parents are Mr. and Mrs. James Jordan, Jr.

"That seems to be a very popular question these days. Yes, I do believe it should be legalized. It has been proved that smoking cigarettes and drinking alcoholic beverages are dangerous to your health. It has not been proved, to my knowledge, that marijuana is dangerous to your health. I believe the only real reason it is not legalized is because the government has found no way to tax it, and make money off it. Most people that disagree with it being legalized have not tried it. So again I say, yes it should be legalized."

**Elaine Lanier
Burgaw**

Elaine is 17 years old. She enjoys riding horses and "doing things outdoors." She and her parents, Mr. and Mrs. John Lanier, are served by Four County Electric Membership Corporation.

"Definitely not! If legalized, marijuana will become an ever-present hindrance in a seemingly already crumbling society. The popularity and growing acceptancy of this drug do not dismiss the harmful side effects of it, both physically and mentally. Marijuana smokers risk the presence of lung damage, chromosome abnormalities, amotivational syndrome, sex impairment and a host of other health hazards. Regular users may come to depend on its intoxicating, euphoric effects to escape the real world work, school, or simply growing up. Even though 36 million Americans have at least tried marijuana, putting it among America's top four

recreational drugs behind coffee (caffeine), alcohol, and cigarettes (nicotine), the decriminalization of this drug would be devastating mistake."

**Brenda McAllister
Willard**

A freshman at Pender High School, Brenda enjoys reading and basketball. She and her parents, Mr. and Mrs. Fred McAllister, are served by Four County EMC.

"No, I really don't think that marijuana should be legalized. It is bad enough for people to sneak around to get 'stoned' but it just doesn't make any sense to be able to go out and get 'high' whenever you feel like it. There are enough bad items on the market now (cigarettes, etc.) without adding marijuana to the list. It has been proven that marijuana is bad for you and I don't see how people could care to use it. I think that it would be a bad influence on our society and I'm afraid that if marijuana is legalized that it will only be inviting people to indulge in it more freely."

**Nancy Carol Godwin
Ahoskie**

Nancy is a freshman at Bertie Junior High School. She enjoys softball, swimming, tennis, most outdoor sports and reading in her spare time. She and her parents, Mr. and Mrs. Paul Godwin, Jr., are served by Roanoke EMC.

NEXT QUESTION: "What do you think of the U.S. converting to the metric system?"

If you have a good answer, send it to YOUTH FORUM, Carolina Country, P.O. Box 27306, Raleigh, N.C. 27611, immediately. Tell us a few facts about yourself—your age, school, hobbies, etc. Include your parents' names and the name of the electric membership corporation serving you. If your answer is published, we will send you \$5. If you want to submit a question, send it along and for each one used, the sender will receive a \$5 check.

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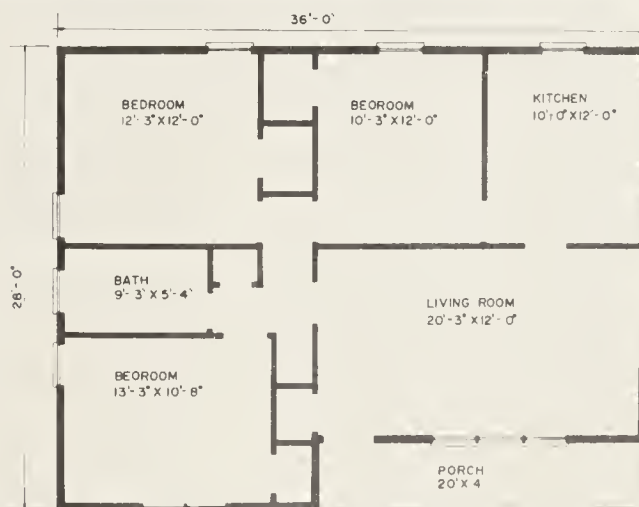
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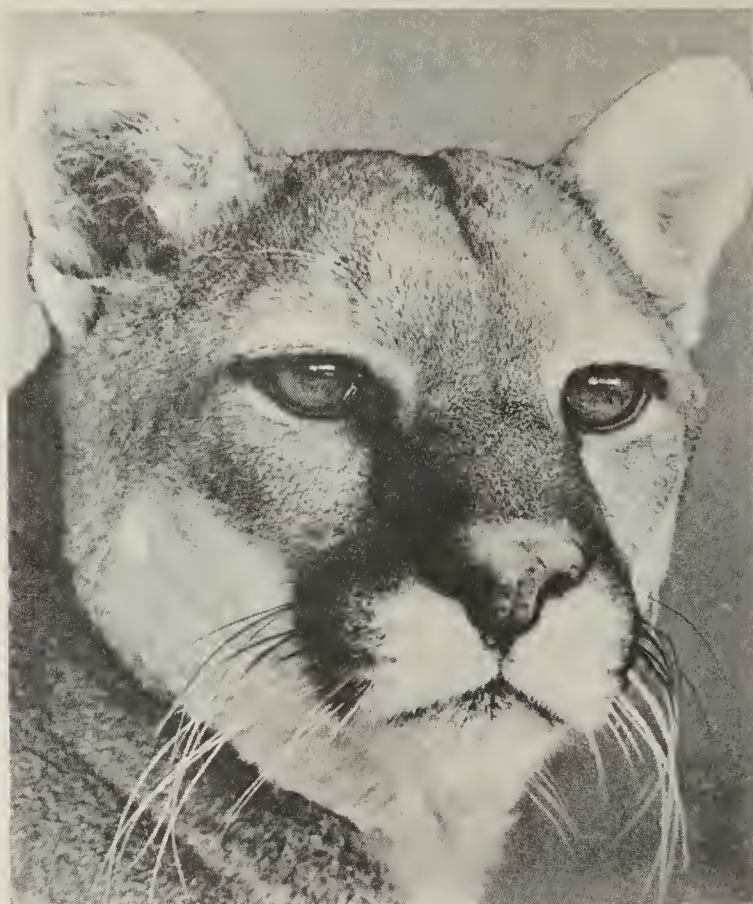
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The cougar and the bald eagle are two of the endangered species that live in the Tarheel state.



endangered species:

once they're gone, they're gone forever

If proper steps are not taken to help North Carolina's endangered wildlife, some or all of her 15 threatened species may become extinct like the dodo bird and the passenger pigeon.

The dodo was a flightless bird that lived on the Indian Ocean islands of Mauritius, Reunion, and Rodriguez. This stupid bird, which was about the size of a turkey, had no enemies prior to the appearance of man, and therefore, showed no fear. Monkeys and rats that man brought to the islands destroyed dodo's eggs, and humans killed dodos for food and fun.

The passenger pigeon once had a population in the billions in North America, but the last one, named Martha, died in 1914 in a Cincinnati zoo. While no one is quite sure why the passenger pigeon is now extinct, one theory has it that hunters reduced its numbers to a point below which it would reproduce. It might have required great flocks to stir sexual excitement, the theory goes, and when those great flocks were

reduced through hunting—no more baby birds.

Curtis Wooten, an education representative for the N.C. Wildlife Resources Commission, says one of the 15 species on the Tar Heel endangered list may already have joined the dodo and passenger pigeon as extinct creatures, although it has not yet been declared extinct. It is the ivory-billed woodpecker, which was last spotted in Louisiana more than 50 years ago.

Wooten pointed out that wildlife experts "don't really know what the result of a species becoming extinct is. We do know that there is an ecological and aesthetic value that is lost."

"No one on the face of the earth will ever see a live passenger pigeon again. I can't help but think that everyone should feel a sense of loss at this," Wooten says.

The eastern cougar, also called panther, puma, mountain lion and catamount, is one of North Carolina's endangered species that is threatened in part by a loss of wilderness.

Wooten says that for many years this "beautiful, graceful animal was thought to be extinct in North Carolina," but that in the last few years there have been some sightings. "There is substantial evidence that there are at least a few animals in the eastern swamps and remote mountain regions," he says.

Pesticides have been an environmental problem for some birds. Populations of bald eagles and brown pelicans plummeted when pesticides accumulated in their food chains, affecting their metabolism and causing them to lay eggs with very thin shells. In most cases, the eggs broke before the parents could hatch them.

It is thought that there are some 200 adult brown pelicans in North Carolina, living on a small island in the Pamlico Sound between Ocracoke and Portsmouth Islands. A resident of the southeast, there were some 50,000 of them nesting in Louisiana in the 1950's. By 1962, there was not a single brown pelican left in that state. Today

there are an estimated 20,000 of them remaining, mostly in Florida.

In some cases, as with the passenger pigeon, experts simply don't know conclusively what elements in the environment are a danger to a particular species.

The endangered manatee, also known as the "sea cow," is generally associated with Florida waters. It is also found in southeastern North Carolina rivers, but its numbers are few and little is known about it here. It is believed that the "mermaids" sailors once claimed to have sighted were actually manatees.

Other species, such as the peregrin falcon and golden eagle, once resided in North Carolina but now they only pass through—if they visit this state at all.

Much research is needed to fill gaps in information on these and many other species. Recognizing this, the 1975 General Assembly authorized a contributions program to the Wildlife Resources Commission, to help finance work presently being done for nongame and endangered wildlife and to expand these activities.

Funds would be used to follow up on sighting reports of endangered species to determine numbers, to identify what particular animals need in their habitat to survive, and to protect endangered species from threatening elements. Without this program, some or all of the endangered animals and birds of North Carolina may go the route of the dodo and the passenger pigeon.

If funds become available, special research projects for this year are planned for North Carolina's American alligator, brown pelican, peregrin falcon, manatee, cougar, Indiana bat, gray bat, red-cockaded woodpecker and bald eagle, Wooten pointed out. (See box)

Other North Carolina endangered species, including Bechman's warbler, the Ivory-billed woodpecker, Kirtland's warbler and the leatherback turtle, may be studied at a later date.

will you help save the animals?

The North Carolina Wildlife Resources Commission has embarked on a program to help nongame wildlife and endangered species.

Since 1947, the commission has been responsible for the management and protection of all wildlife in North Carolina. Unlike other agencies of state government, however, the commission does not receive revenues from the state's general tax fund. Rather, it is supported almost entirely by revenues from the sale of hunting and fishing licenses and federal taxes on sporting arms and ammunition.

Since the commission was formed, North Carolina sportsmen have contributed more than \$76 million in license money alone toward the restoration, protection, management and research efforts affecting the state's wildlife populations, but much more money is needed.

The new contributions program, entitled "Carolina Conservationist," was implemented in July, 1976. It allows nonsportsmen and other wildlife enthusiasts with an interest in nongame, rare and endangered wildlife to contribute funds specifically for research, protection and management of those species.

Under the provisions of the program, a nongame, rare or endangered species will be featured each fiscal year. A painting of this featured species, by noted wildlife artist Duane Raver, will be offered to all contributors. A limited edition 16 x 20-inch full-color print, signed and numbered by the artist, will go to each person who contributes at least \$25. Signed (but not numbered) prints will go to those who contribute \$10 and a "Carolina Conservationist" emblem will be given to all who contribute \$2 or more.

Contributions are tax deductible and will be matched on a two-to-one basis with federal funds made available through the Federal Endangered Species Act of 1973. In other words, for every dollar donated, two will be made available to North Carolina from the Departments of Interior and Commerce.

For more information write: "Carolina Conservationist," North Carolina Wildlife Resources Commission, 325 N. Salisbury Street, Raleigh, North Carolina 27611.



Full color prints of the brown pelican will be given through June, 1978, to those who contribute at least \$10.

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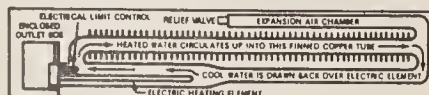
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A farmer and his wife went to a fair. The farmer was interested in airplanes, so his wife finally persuaded him to ask a pilot how much a ride would cost. The pilot said \$10 for 10 minutes. The farmer said that was too much. So the pilot said, "I'll make you a deal. If you and your wife can go for a ride for 10 minutes and not make a sound, you won't have to pay. But if you make one sound, you'll have to pay the \$10." They went for the ride, and after they had landed, the pilot congratulated the farmer for not making even one sound. "You were really brave." The farmer replied, "Well maybe so, but I almost did yell when my wife fell out."

"Has your son's college education proved of any value?" asked a neighbor.

"Yes, it has," was the reply. "It cured his mother of bragging about him."

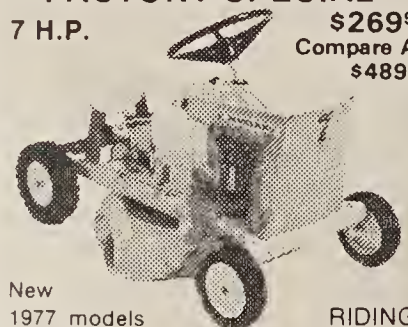
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Setting: A convivial evening with friends.

Time: Dinner-time. You're all sitting at the table enjoying a special dinner of, perhaps, steak.

Atmosphere: Good-natured. Talk and laughter all around.

Dilemma: One of your friends suddenly is sitting deathly still with a panic-stricken face, seemingly unable to move. You soon realize...he's choking.

HELP!

for the choking victim

The scene is not uncommon. In fact, it has happened so often in restaurants where folks are eating and drinking that it has been dubbed "cafe coronary" ...because the symptoms of choking and having a coronary (heart attack) are very similar.

The person choking can't tell anyone what is wrong with him. The obstruction in his throat cutting off the windpipe also cuts off the speech mechanism. The unknowing bystander can't tell what's wrong in many cases and, assuming a coronary, does not know what to do.

One way to tell the difference between a coronary and a choking victim is to look at his lips. If he's choking, his body is being denied oxygen and his lips will turn blue. If he's the victim of a coronary, his breathing may be shallow but he is getting some oxygen. In this case his lips will turn white.

The old-fashioned slap-on-the-back has been the first response by rescuers for years. Although sharp blows between the shoulder blades (proper application of the slap-on-the-back) is still effective, combining it with the newer Heimlich Maneuver or Manual Abdominal Thrust will give the victim a far better chance of survival.

If nothing is done to help the choking victim, he will collapse and die in four or five minutes—hardly time enough to get him safely to a hospital or wait for help.

The Heimlich maneuver is named after the Cincinnati physician, Dr. Henry J. Heimlich, who developed the technique about four years ago. The principle used in the maneuver is similar to a bellows used for a fireplace, according to its author.

A large amount of air, in this case the air in the lungs, is pushed through a small opening creating a pressure of air. Laboratory studies have indicated that more than a quart of air is expelled from the mouth in one-fourth of a second when the maneuver is applied. The effect on the obstruction lodged in the victim's throat can be compared to a popgun.

Here's how it works:

The rescuer stands behind the victim, holding him with both arms around the waist, at or just above the belt line. The rescuer grasps one of his own wrists firmly then squeezes hard while allowing the victim to slump forward, head and arms dangling. (See diagram 1.)



Diagram 1: Standing position for applying Heimlich Maneuver.

There is always some residual air trapped in the lungs and the pressure below the diaphragm compresses this air, pushing the obstruction out of the victim's mouth.

If the victim has already collapsed, the rescuer need not pick him up. If the victim is face down the rescuer can straddle the buttocks; if he's face up, straddle the thighs. In either case, the rescuer places both hands, one on top of the other, just below the diaphragm and pushes sharply toward the victim's head. (See diagram 2.)

The only modification for infants is that less pressure is needed; the handiest position might be to place the child across the knee, so the leg presses the abdomen below the diaphragm as pressure is applied upwards along the lower part of the child's back.

The Heimlich Maneuver should be repeated as often as necessary.

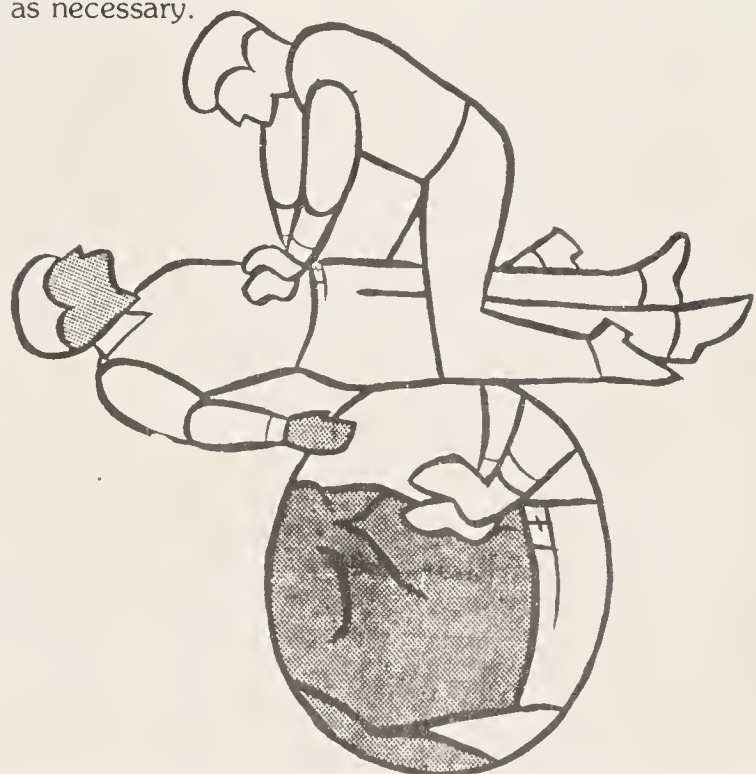


Diagram 2: Prone position for applying Heimlich Maneuver.

Agriculture Secretary Visits North Carolina

"My responsibility as fixed by law is for the development of policies and programs for the stability of agriculture, providing producers the opportunity to pay their bills and make a living....And the tobacco program is an essential part of that commitment."

With those words, U.S. Agriculture Secretary Bob Bergland summarized his strong support for the tobacco program during an address before the 1977 Annual Meeting of the Flue-Cured Tobacco Cooperative Stabilization Corp. in Raleigh, May 27.

Admitting he is "no expert" on the production of tobacco, the former Minnesota farmer said he had come to North Carolina to "listen to you and your leaders and to go to your farms. I need to learn as much as I can because I'm going to be making decisions, signing my name to regulations and I want to be sure they're right."

In addition, he said, "you'll find our department very sympathetic to your suggestions and to your advice and recommendations. We want to help you."

The secretary stressed the importance of tobacco as an "earner of foreign exchange" in view of the fact that the U.S. trade deficit this year will be more than \$20 billion.

"We need every dollar we can get!"



U.S. Department of Agriculture Secretary Bob Bergland addressing the 1977 Annual Meeting of the Flue-Cured Tobacco Cooperative Stabilization Corp.

Bergland: "I Appreciate Cooperatives"

Excerpted from remarks by U.S. Secretary of Agriculture Bob Bergland's North Carolina speech:

"I don't remember what it was like before we had cooperatives, but my Dad does. He farmed through the 20's and 30's when times were really hard, when there were no cooperatives. My father helped to organize the local REA, the local oil company, the local grain elevator company, and before those cooperatives were formed in my father's world, there was no such thing as hauling gasoline by truck—you had to get it yourself. And, of course, there were no electric lights even though the utility company had a power line running near our home.

"So I can appreciate the role of cooperatives in our society. This is a society that is going to remain strong and has proved that we must have cooperatives, providing the competition that produces the best in each of us. So I have come to the administration with the strong belief that cooperatives are a central part of the private enterprise system.

"Therefore, as I speak to this cooperative annual meeting, I must give you a word of warning. There are those throughout the United States who don't know what it was like before the cooperatives came and there are those who are younger than I that didn't have a father who lived through those years who think that cooperatives are somehow not in the national interest. So you and I who are members of these organizations that are founded on democratic principles have an unending job to acquaint those with less experience with the importance of the cooperatives in our life and in our community."

Responding to critics of the federal farm programs, Bergland described them as "people who think that tobacco comes from vending machines rather than the ground...the kind of people who don't see why we need to have dirt farmers as long as we have supermarkets."

Without government price supports and reserve stocks, he said, American farmers would be governed by chance and the vagaries of the weather around the world.

"If we ever have a balance between supply and demand in this world of any commodity, any time, it will be sheer happenstance—pure luck! Not something I have done or something that some other government has done!"

Recalling his own experiences as a farmer, the former Congressman said he had experienced average weather only twice in his life.

"I've farmed 27 years and in 25 of those years it was either too dry or too wet, too hot or too cold. And there's nobody on the face of this earth who knows what the rest of this year is going to be."

In commenting on agriculture's energy needs, Bergland pledged his department to finding ways of reducing the nation's dependence on gas and oil by shifting to coal and solar energy as sources of power for farming.

"I think it's a mistake to say that we want to go back to the days when we had 25-cent diesel fuel and low cost natural gas. It isn't going to happen and I don't propose to waste your time and mine in that kind of argument. We have to look at the world as it really is. I don't like it and you don't like it, but there's no point in promoting a notion which is not sound.

"So we're going to change our research and find ways to reduce our dependency on these fuels."

Electric utilities have always known that the cost of providing power depends as much on **when** it is used as on **how much** is used. This fact has been accepted within the industry and no special effort has been made to do anything about it—until now.

Due to the rising cost of energy resources, generating plants and transmission facilities, utilities are now examining various methods of shifting the

when of power use in an effort to operate more efficiently and more economically. All of these methods are part of a new approach to utility operations which is known as "load management."

In this article, a professional engineer discusses the development of this new approach and some of the methods being used to "manage" electric loads for maximum efficiency.

"LOAD MANAGEMENT"

NEW TECHNIQUES CUT POWER USE IN PERIODS OF PEAK DEMAND

By Patricia Lloyd Williams

Utilities have historically felt it their duty to provide whatever level of electric service the customer wanted whenever he wanted it, regardless of the cost of maintaining plants and facilities which might be used only a few times each year.

Today, however, utilities and users alike are realizing that it is possible to make more efficient use of generation, transmission and distribution facilities by slightly changing consumption patterns. Better efficiency means reduced costs for supplying electricity, which is ultimately translated into lower electric bills for consumers.

Changing those consumption patterns through "load management" usually involves an effort to shift some of the demand for power from periods of peak use to other times of the day, or eliminate it entirely, creating a more balanced claim on the supplier's resources.

The demand is the amount of electricity which must be supplied at any particular time. The level of this demand rises and falls throughout the day and during the year. Those times when demand is highest are peak periods and it is they that establish the needed capacity for a utility's overall system.

In other words, the system must be capable of meeting the peak-period, whenever it might come,

even though this means much of the system's facilities will not be needed most of the time.

As a result, utilities must make the necessary investment in hardware to handle that peak usage period and it must be paid for whether it is being used or not.

This principle applies across the board for all electric utilities. But is critically important for North Carolina's EMCs since they purchase virtually all of their power from private power companies for re-sale to their member-owners. And, the wholesale price of that power is based on the peak demand, without regard to how long it lasts or how low demand might be at other times.

Several "load management" techniques are currently being tested across the country and Tar Heel EMCs are involved in programs making use of some of these techniques:

Time-differentiated Rates. Since electricity costs more to produce at certain times of the day and year, many utility experts think the rates should be higher at those times. The theory here is that many consumers will then defer some activities to times when the price is lower. This would have the advantages of reducing peaks and more closely relating cost to the actual service.

Blue Ridge EMC, Lenoir, is participating in the North Carolina Electric Utility Demonstration Project, funded by the Federal Energy Administration, by conducting an experiment to determine residential consumer response to this pricing method.

Load Control. Another method of reducing peaks is to interrupt power to non-essential loads during peak periods. This may be accomplished through the use of a simple time switch or through sophisticated, computer-operated equipment.

Lumbee River EMC, Red Springs, is exploring the latter. Control switches are being installed on electric water heaters and central air conditioners. At times when a peak is expected, power to the water heaters

ABOUT THE AUTHOR



Patricia Lloyd Williams, a Professional Engineer, joined N.C. Electric Membership Corporation as engineering assistant in the fall of 1975. She had formerly served for 18 months as chief of the research branch of the State Department of Military and Veterans' Energy Division. Ms. Williams has a degree in nuclear engineering from N.C. State University.

and air conditioners is interrupted for a few minutes out of each half hour.

In addition, the EMC is cooperating with North Carolina EMC to test such devices on bulk-cure tobacco barns. Similar experiments last summer demonstrated that it is feasible to interrupt power to the fan motors for brief periods of time without damaging the tobacco.

Storage. In Europe, where energy has been relatively expensive for many years, water heating and space heating make use of storage techniques. Space heating storage is now in use in the United States. Central Vermont Public Service Corp. sells storage heat furnaces to its

Other "load management" techniques are voluntary steps which can be taken in the home, fostering overall energy conservation while improving your utility's efficiency and saving you money on your electric bill. Some of these voluntary measures are outlined in "Conserving When It Counts," on Page 28.

consumers. In these furnaces, magnesite bricks in the European-made ceramic storage heaters can be heated to 1,300 degrees Fahrenheit between 11 p.m. and 7 a.m. The heat stored in the bricks is then extracted during the day, as needed, by a small circulating fan.

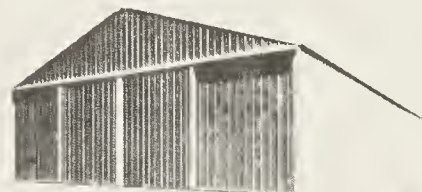
Weatherization. The utilization of energy-conserving features in housing is an important part of load management. For example, the addition of storm windows, insulation, weatherstripping and ventilation to existing homes can lower energy requirements for heating and cooling. New houses can utilize such things as siting, lighting, building materials, floor plans, and construction techniques to optimize conservation. More efficient methods of water heating, space heating and air conditioning will serve to eliminate a portion of the peak demand.



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It may sound far-fetched, but your Electric Membership Corporation faces some of the same problems of supply and demand that plagued Arab fruit merchants centuries ago.

Consider the plight of one such merchant: He owned eight camels that he used to transport fruit to a nomadic tribe in the nearby desert. He needed all eight to meet the tribe's demand in the evening, but only two for the morning journey because the tribespeople ate a light breakfast.

His problem was that he had to feed and shelter all eight, although six of them were idle half the time. And, of course, he still had to make his monthly camel payments to the local moneychanger.

Since this supply-and-demand problem was tied to the appetites

CONSERVING WHEN IT COUNTS

of the tribespeople, there was little the merchant could do about it.

Your EMC finds itself in much the same spot today.

Most of its consumer-members use more electricity in the evenings than they do at other times of the day. As a result, some of its facilities must stand idle at times, just like the Arab's six

camels. The cost of those facilities must be covered, even though some of them are not being used when demand for power is low.

In addition, the public "appetite" for electricity is greater in some seasons than it is in others. For some EMCs, the high-use season is summer. For others, it is winter. In either case, there is little the EMC can do about the ebb and flow of consumer demand.

However, you can help a great deal—and save yourself some money—by making a special effort to conserve electricity all the time during your EMC's seasonal peak, and by conserving year-round during the daily peak. Check with your EMC office if you're not sure when those peaks occur in your area.

Here's what you can do:

<p>1</p> <p>The single most important step you can take is shifting your heaviest use of electricity to off-peak periods of the day. For example, if you must use an electric appliance during the peak-demand hours, try to avoid using more than one at a time. For example, wait until you have cooked the evening meal before using your clothes washer or dryer.</p>	
<p>2</p> <p>During hot weather set your thermostat at 78 degrees, but turn it off when it's not needed. Clean the filters once a month and when they're worn out, replace them. Consider an attic fan to help reduce air conditioning load. Close drapes or shades in sunny windows. Close windows and outside doors during the middle of the day to keep cooler air inside.</p>	<p>4</p> <p>Weatherize your home by caulking and weatherstripping windows and doors. Install storm windows or tape clear plastic film to window frames. Install or add insulation in the attic and under the floors of your house. Contact your co-op for information about how much insulation your home needs. Trained personnel will be happy to advise you.</p>
<p>3</p> <p>During cold weather, lower your thermostat to 65 degrees during the day and to 60 degrees at night. Keep drapes and shades open at sunny windows; close them at night. Be sure the fireplace damper is closed when the fireplace is not in use. If your electric heating system has a control switch or outlets that can be closed for each room, and you're not using a particular room don't heat it for the benefit of the furniture.</p>	<p>5</p> <p>Set the hot water temperature no higher than 140 degrees and insulate the pipes and tank. Take showers rather than tub baths to save hot water. Fix leaky faucets. Wash clothes in cold water when possible. Fill the dishwasher to capacity before turning it on.</p> <p>6</p> <p>Contact your EMC office for additional tips on how to help them operate more efficiently, and in the process, save your money on your electric bill.</p>

Q: Is electric power affected by the energy crisis?

A: It is not really a *crisis*. We have a fundamental and continuing *problem* of supplying adequate amounts of reasonably priced, dependable and environmentally acceptable energy. Electricity certainly is affected because it must play a key role in meeting our energy needs and thus keeping the economy healthy and secure.

Q: Why do we need energy for a healthy economy?

A: The operation of the U.S. economy is geared to the

A: We begin by cutting waste and making more efficient use of what we have. Then, because oil and natural gas account for 76% of our energy supply today, and because domestic sources of those fuels are running out, we push development of alternate domestic fuel sources if we are not to become overwhelmingly dependent upon imports.

Q: Alternatives such as electricity?

A: Electricity is the key, but electricity isn't a fuel. It's a safe convenient and clean form of energy into which fuels can be

in the future.

Q: Why do we need growth at all?

A: Our society runs on energy, and unless we want a drastically different social and economic structure—a change which could not come quickly, even if desired—we'll need more energy in the coming years. For example, there will be 34 million additional households formed by the year 2001, even if the birthrate dropped to zero tomorrow. And if experience is any guide, those new families will want cars, homes, appliances and the other consumer needs that require energy to build and operate.

Q: Couldn't those needs be met by conserving more and simplifying life styles?

A: Even if we moved people back into city apartments and thereby reduced energy needed to heat homes and to drive to work, and imposed some other strict conservation techniques, it still would require more energy just to provide jobs for more people. It sometimes is suggested that jobs could be gained by reducing energy consumption, but this would result in a decline in productivity. We would be working more and producing less, hardly a sound course for improving living standards for all of our citizens. So according to quite conservative estimates, we will need at least three times as much electricity in 25 years as we use today. And if we just continue the patterns of the recent past without a major effort to change, we'll need six times as much electricity.

Q&A ON ENERGY

Electricity And The Economy

consumption of large amounts of energy because of the nature of the industries which provide jobs and essential goods and services, the particular type of transportation system to which we have become adjusted in this country, etc. These all are embedded in the economic life of the nation and can be changed only slowly if serious repercussions in employment and living standards are to be avoided.

Q: How do we get enough energy?

converted. We will need to rely increasingly upon electricity because the alternative fuels such as coal and uranium, for which domestic resources are comparatively abundant, can't be used except through conversion to electricity—with very few exceptions. Fusion and solar power, some prospects for the future, also are too cumbersome or diffuse for direct use in most applications, so they too would be converted into electricity. That's why production of electricity will continue to grow

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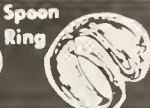


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Style C507



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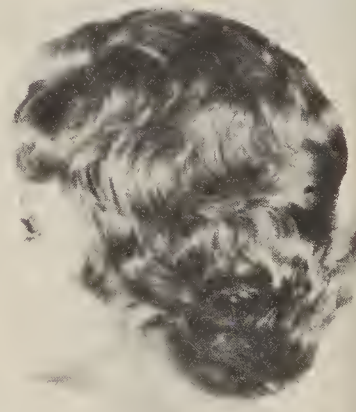
Style C509



Style C174



Style C528



Style C526



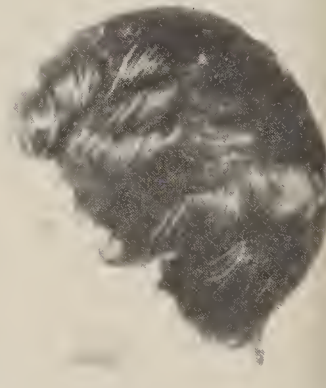
Style C132



Style C124



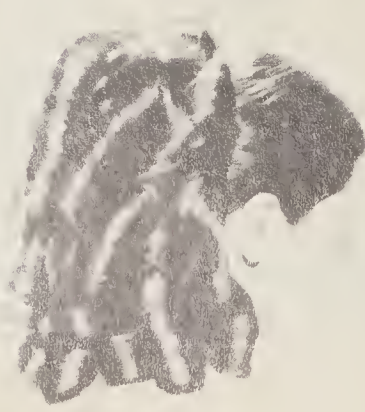
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Check Box of Color Desired (or Send a sample of Your Hair for Expert Matching)

- | | | |
|--|--|---|
| <input type="checkbox"/> Black | <input type="checkbox"/> Dark Blonde | <input type="checkbox"/> Dark Frosted |
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| <input type="checkbox"/> Light Brown | <input type="checkbox"/> Platinum | <input type="checkbox"/> Mixed Brown & Grey |
| <input type="checkbox"/> Medium Brown | <input type="checkbox"/> Light Auburn | |
| <input type="checkbox"/> Dark Brown | <input type="checkbox"/> Medium Auburn | |
| <input type="checkbox"/> Light Blonde | <input type="checkbox"/> Dark Auburn | |
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Poet's Corner

Peggy Owen Robertson retired two years ago at the age of 61 and, she writes, "since that time I have been writing some verse and prose." She has never had a course in writing, but writes "through inspiration and by hobby mostly, and because I love it." A member of Davidson EMC, she has won a local art guild prize for her prose. Her "Rushing Waters" is destined for similar praise:

Rushing Waters

Ev'ry year long about June,
When the good earth's warm,
Birds sing in early morn
And all of nature seems in-tune;
'Tis then I start to dream
Of the land of waterfalls
And rushing waters.

I dream of a place high
on a mountain,

And a campsite within a deep forest
Close beside a meandering stream;
A mountain spring my unpolluted
fountain.

A place where one may peacefully
slumber
Soothed by the lullaby of those
Ever-rushing waters.

In my dream I see the campfire
at night,
O'erhead a million stars shine
so bright
Adding to my heart's delight.
In the distance I hear soft strumming
Of a guitar, and young people
singing,
The joyous sounds of children
playing.
Then the friendly 'Lo There'
from a couple
Out for a late evening's walk;
And, always the camaraderie
of campfire talk.

Upon waking from my dream
And, I see no meandering stream;
Yet I know before summer is out
I shall experience my dream
in reality,
And notwithstanding practicality,
Once again I shall feel reborn,
Heart and soul cleansed
By the sound of those
Rushing Waters.

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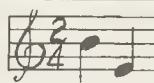
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